



Cover Page



INFLUENCE OF PHYSICAL FITNESS TRAINING ON THE SPORTS PERFORMANCE OF ATHLETES OF RAICHUR UNIVERSITY

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Abstract

The research study based on the experimental research investigation among the Athletes of Raichur University, the research problem is entitled as “Influence of physical fitness training on the sports performance of Athletes” the researcher wanted to find out the influence of the physical fitness training on the sports performance among the Athletes of Raichur university and also measure the significance effect of the training of physical fitness on the sports performance among the sample of the study. he also intended to find out the significance difference in the effect on the sports performance. The research hypothesis also stated that there would be effect of physical fitness training on the sports performance groups. There would be significance difference in the effect of physical fitness on the sports performance among. Athletes. total sixty Athletes were selected for the study given the physical fitness training for twelve weeks. The investigator made pre and post tests on sports performance among sample through measuring the speed, endurance, abilities. The standard physical training schedules prepared by the researchers and the pre post data of sports performances calculated through the SPSS software.

Keywords: Physical Fitness Training, Sports Performance.

INTRODUCTION

Physical Fitness Defined

Actually, different definitions have been offered by the educationists, but physical fitness defined by the American Association for Health, Physical Education and Recreation is “That state which characterizes the degree to which the person is able to function. Fitness is an individual matter. It implies the ability of each person to live most effectively with his potentiality of function and depends upon the physical, mental, emotional, social and spiritual components of fitness which are related to each other and are mutually inter dependent”.

Physical fitness training methods

- Strength training
- Circuit training
- Fartlek training

Circuit Training is a variation of Interval Training. It is a very old tactic, some might say it’s out-dated, but people still practice it and get fantastic results. It is ideal for when you are trying to cut fat while continuing to build muscle. Circuit training is where you do a cardio activity, then periodically, you do a bodyweight activity. A example would be, jog for 1 minute, do 10 push-ups, then jog for again repeating the cycle for 20-40 minutes. In circuit training, there aren’t really suggested times or reps you should do, that is really up to what you are able to endure.

Circuit training is an excellent way to improve mobility, strength and stamina. The circuit training comprises of 6 to 10 strength exercises that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a set time before moving on to the next exercise. The exercises within each circuit are separated by a short rest period, and each circuit is separated by a longer rest period. The total number of circuits performed during a training session may vary from two to six depending on your training level (beginner, intermediate, or advanced), your period of training (preparation or competition) and your training objective.

Looking for a way to infuse your fitness routine with some new energy and excitement? Whether you're a seasoned athlete or just getting started with physical activity, circuit training is a great way to challenge your body in a variety of ways while boosting the fun factor.



Cover Page



METHODOLOGY

Significance of the study

This study based on the experimental design pre and post tests in the research study, the investigator intended to know the effect of physical fitness training on the sports performance of the Inter Collegiate Athletes.

Statement of the problem

“Influence Of Physical Fitness Training On The Sports Performance Of Athletes of Raichur University”

Method of the study

The present study is based on experimental research, the researcher interested to find out the effect of Physical fitness training on the sports performance of Inter Collegiate Athletes of Raichur University. There will be pre and post tests will measure the effect of the independent variables on the dependent variables of sample, Physical fitness group pre test will measure the Motor fitness variables, the training session five days for a week, twelve weeks training of Physical fitness training, after twelve weeks of practice the post tests will be conducted for the assessment of the effect of the independent variables on the dependent.

Objective of the study

- To find out the impact of the Physical fitness training on the sports performance among Athletes.
- To measure the significance difference of physical fitness training on sports performance levels.
- To find out the influence of physical fitness on the sports performance factors among Inter Collegiate Athletes.

Hypothesis of the study

- There would be significant effect of Physical fitness training on the dependent variables among sample group.
- There would be significant effect of physical fitness on the sports performance among sample groups,
- There would be significance difference in the sports performance in pre and post tests of the study among the sample groups.

Variables of the study

Independent Variables

- Physical fitness training (Circuit Training)

Dependent Variables

Sports performance measuring factors

- Speed
- Endurance

The following are the motor ability tests have been used in the study.

Sample of the study

The present research study consisted the total sixty Athletes of Raichur University Karnataka. The researcher measured the sports performance factors in the pre test before introducing the physical training for sixty Athletes group, after pre test twelve weeks training conducted and then again measured the sports performance factors.

Tools

- ❖ Physical fitness training plan consist the circuit training which focus on the selected fitness variables of the study.

The following are the motor ability tests have been used in the study. Motor Ability Test

Sl.No.	Motor Ability	Test	Unit of Measurement
1.	Speed	50 Yard Dash	Time
2.	Endurance	12 Min. Run and Walk	Distance



Cover Page



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Statistical techniques

- ❖ Mean
- ❖ Standard deviation
- ❖ T tests

Table No 1 SHOWING THE EFFECT OF PHYSICAL FITNESS TRAINING ON THE SPEED ABILITY AMONG THE ATHLETES (N-60)

Variable	Sample groups	Pre Test		Post test		T value
		Mean	7.087	Mean	6.550	
Speed 50 Meters Dash	Athletes	SD	1.696	SD	1.147	1.372**

Significance 0.05 levels

The table showing the effect of physical fitness training on the speed variable among the athletes. the physical fitness training has the significant effect on the speed ability the t value is 1.372** significant at 0.05 levels. The is significance in difference in pre and post test of the study, the study showing the positive effect of physical training,

Table No 2 SHOWING THE EFFECT OF PHYSICAL FITNESS TRAINING ON THE ENDURANCE ABILITY AMONG THE ATHLETES (N-60)

Variable	Sample groups	Pre Test		Post test		T value
		Mean	1902.72	Mean	2155.96	
Endurance 12 Minutes Walk /Run	Athletes	SD	300.78	SD	198.16	2.883**

significant at 0.05

The table showing the effect of physical fitness training on the sports performance variable endurance. The physical fitness group has the significance effect on the endurance ability in post tests after the physical fitness training. The t value is 2.883 significant at 0.05 levels. The present research study showing the positive effect of the sports training on the sports performance factor among the athletes of Raichur University.

Conclusion of the study

The study showing the effect of physical fitness training on the sports performance among the Athletes of Raichur university. the physical fitness training analysed in pre and post tests and compared the data to find out the effect on the sports performance variables

- ❖ The physical fitness training has the significance effect on the speed ability among the athletes.
- ❖ The physical fitness training group having the significance effect on the endurance ability of the athletes
- ❖ The physical fitness training has more effect on the development of motor fitness factors among athletes of the Raichur University.



Cover Page



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